



Cooking Demo

Support Group

Nutrition Events at Big Y®

Sue Mazrolle is a registered dietitian available in a handful of Big Y locations in Western Massachusetts to provide workshops and supermarket tours to community groups for FREE.

WESTERN MASSACHUSETTS SCHEDULE JUNE 2018

June 5 Gluten-Free Support Group

6:00 - 7:00 PM West Springfield Big Y 503 Memorial Ave.

Come join the only support group meeting from the National Celiac Association in Western Mass for open conversation and sampling of gluten-free snacks.

June 14 Living with **Diabetes**

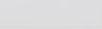
10:00 - 11:00 AM Ludlow Big Y 433 Center St.

Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.

June 16 Heart-Healthy Eating

10:00 - 11:30 AM West Springfield Big Y 503 Memorial Ave.

Discover current recommendations for hearthealthy eating with tips to apply them to the purchases you make.





June 18 June 19 Fueling Foods for Cardio Kitchen 101: Better BBQ's and Men's Health **Picnics**

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11:00 AM - 1:00 PM East Longmeadow Big Y 441 North Main St.

Stop by our info table to learn quick meal prep tips that'll keep you fueled for the long haul and out of the fast food drive thru.

June 19 Fueling Foods for Men's Health

2:00 - 4:00 PM Longmeadow Big Y 802 Williams St.

Stop by our info table to learn quick meal prep tips that'll keep you fueled for the long haul and out of the fast food drive thru.



June 28 Living with Diabetes

6:00 - 7:30 PM

West Springfield Big Y

503 Memorial Ave.

Summertime and the grillin'

grilling tips and delicious side

please family and friends.

5:30 - 6:30 PM Springfield Big Y 300 Cooley St.

Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.

June 29 Spice It Up!

4:00 - 6:00 PM Wilbraham Big Y 2035 Boston Rd.

Does your cooking need a pick me up? Stop by our table and savor the taste and smells of some common and not so common herbs and spices. A little pinch turns bland into bold!





Visit bigy.com/livingwell/getsocial for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.